

QC

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Saskatoon man loves
Regina's downtown
YMCA **P. 5**

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Prairie oysters are a unique
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FULL DISCLOSURE

IT'S NOT ALL GLAMOUR AND GLORY
FOR SASKATCHEWAN'S FEMALE
TELEVISION NEWS ANCHORS
LIKE JILL MORGAN **P. 10**



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ON THE COVER P. 10



Ruthie Quan is co-anchor of *Angela's Global Morning News*. QC PHOTO BY ANDREW MATTI

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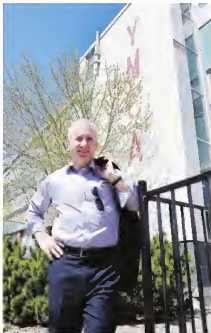
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MY FAVOURITE PLACE P. 5



Dave Smith's favourite place in Regina is the YMCA, located at 2400 13th Ave. QC PHOTO BY ANDREW MATTI

QC COVER PHOTO BY TROY FLEECE

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 781-6521; editorial 1-855-688-6557; home delivery 781-6522. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

JUNE 2 - 10:18 A.M.

One man's moonwalk marathon



Chris Nolenboom (center) moonwalks down Albert Street as part of his unique fundraising for a friend battling cancer. He began his walk on Albert Street North at 10:18 a.m. on June 2, starting on Albert Street at Gordon Road. It took him just over six hours to complete, including a couple of short breaks. While donations are still trickling in, Nolenboom expects to collect about \$2,000. Jeffrey Selinger will use the money to help pay for costs associated with his treatment for colorectal cancer. Nolenboom is still collecting donations via PayPal at chrisnolenboom@hotmail.com. QC PHOTO BY MICHAEL BELL.

YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Visits to the YMCA always worked out

By Andrew Matto

Even though Dave Smith moved to Saskatoon several years ago, he still has an affinity for his favourite place in Regina. Smith, 55, grew up near the Regina YMCA's downtown location because of his facilities, location and programs. However, it remains his favourite place in Regina because of the fitness-minded people he met many years ago and the relationships he enjoys today.

Q How long did you call Regina home?

A I was in Regina for 17 years working in the financial industry, predominantly with credit unions. It's been nine years that we've lived in Saskatoon.

Q How did you learn about the YMCA at 200 13th Ave?

A It was a recommendation from a colleague. But I could have stumbled on it eventually myself because the office where I worked was just around the corner.

Q Why is it so special to you?

A I have many, many friends there who are friends today. And now it's 30 years later. I have had a million conversations, personal and professional, on the treadmills. I have also run around Wascana Lake about a thousand times and forged friendships that I enjoy today.

Q Other than the friends you met, why do you love it?

A The YMCA's mission is body, mind and spirit. And I have tended to all of those. And frankly, I have outdoor facilities that are situated so nicely as they are at the YMCA. I like that it's close to Wascana Lake. Parked was good and proximity to my work was good, so that brought it all together for me.

Q Aren't there many other gyms in Regina?

A I know of some, including some of



Saskatoon's Dave Smith has his favourite of the downtown Regina location of the YMCA, which remains his favourite place in the Queen City. qc.leadpost.com

the other high power lifting types of places. But the YMCA is second for the average person. And I fit that type.

Q What else do you remember?

A From the YMCA, I launched my first marathon training. I practiced my long 1x when I was there. It also released a lot and learned a lot about conditioning that carries on into my life today. Some of the memories

I have are incredibly vivid such as the foolishness that the Y used to sponsor. In July of 2000, on my 48th birthday, I pushed my then 16-month old daughter in a running stroller for 13 kilometers. She had arrived from our adoption trip to China a few months prior to that. I will never forget that. It was a real blessing for me.

Q How you always been into fitness?

A Discovering the abundance of choices for things is necessary. It cultivated a need later in life to get some discipline in my life. A need to make good choices put me on a regular path. Physical fitness is now a part of my habits.

Q What sorts of activities did you usually enjoy at the YMCA?

A I would run any day that was a fair-weather day. And then I'd move

to the treadmills and sometimes use some of the lifting equipment. And I'd also play a little bit of squash.

Q What was your reaction to the renovations that were completed several years ago?

A I was quite amazed. I was delighted with what they had done. What they did to the exercise room is really terrific. They have done great things.

CITY NEWS

GENETICALLY MODIFIED WHEAT

Exploring Monsanto's fight with farmers



Emily Estlin is a University of Regina assistant professor who has researched Prairie farmers' opposition to genetically modified wheat in Canada. She recently wrote a book about her findings. GC PHOTO BY ARIAN EBY

By Andrew Mathe

Grown from the seed of an academic paper, the new book *Growing Resistance* is part whodunit, part cultural examination, part celebration of the power of Prairie farmers and part condemnation of big business's role in agribusiness.

Anticipating an interest in the story of how farmers dug in to prevent the introduction of genetically modified wheat in Canada, Emily Estlin, an assistant professor who's rattled political leaders before as a social justice activist, expanded her paper into a book to reach an audience outside of the University of Regina.

The story begins in 2006 as Monsanto, the U.S. mass biotechnology multinational, sought approval to introduce the controversial seeds but were eventually turned away following a rare campaign launched by farmers.

Estlin spent months interviewing farmers, activists and officials

from government and big business to prepare an account of the hard-fought clash between farmers and Monsanto. The result, Estlin concludes, was not just a victory for those critical of genetically modified food. Farmers also found common ground with uncommon allies: the Greenpeace, that bolstered their lobby-

ing efforts.

Estlin's work is presented as a history lesson that underlines her conviction of how the growing economic and political power of companies like Monsanto mean farmers and consumers are losing clout in the domination of how food is grown and delivered.

It is true that traditional plant-breeding techniques have reduced the number of plants
We have lost a number of traditional native varieties. —Emily Eaton

"In some ways, the book is about who can control Prairie agriculture," she said.

Farmers were quick to object to news that Monsanto hoped to bring genetically modified wheat to Canada, where it also had test crops in several locations. Farmers rubber-stamped the earlier introduction of genetically modified canola, before discovering the company's claims of "super crops" were largely ill-said.

"They were promised all these things like increased yields. But over time the yields actually decreased," Eaton said, noting most canola grown today in North America is genetically modified. But far ahead, there is a cultural component that exists among farmers who share this sense of history that they were settlers of the west. And more contemporary they view wheat as a culturally significant food."

Farmers complained to Agriculture Canada for refusing to reveal the location of experiments that crops planted by Monsanto, which also established a seed bank to dump down on farmers growing seeds without Monsanto licenses.

"The farmers were worried about contamination. And they couldn't find out where the test sites were. And they were mad at Agriculture Canada because they couldn't find that out," she said.

"The story of the successful introduction of genetically modified canola is evidence of how big profits often bring concerns of the consumer," Eaton said.

"That illustrates how agro chemical companies can exert their control over public policy and have an effect on the sorts of food made available to the public."

Over time, Monsanto eventually backed out of such approval elsewhere. Eaton said altering the genetics of seeds isn't the only way native crops have been changed in the name of modernizing crops and making them more appealing in the marketplace.

"It is true that traditional plant breeding techniques have reduced the number of plants. We have lost a number of traditional native varieties."

Eaton is hopeful her book is a reminder of the pitfalls of a food system that involves big business.

"It's hard for a lot of people to see that corporate control is a problem," she said.

"The tendency among consumers is to not think about farmers and not think about what they are growing. But every time there is a food scare in the industrial food system, like mad

cow disease, it brings into focus, at least for a short time, that there are different ways of managing agriculture."

While she was careful to make her book more reader-friendly than her original dissertation, the canola story isn't exactly consumed with prose.

"It's not light weekend reading. But anyone who is committed to reading it can get through it."

Eaton was at the centre of a controversy herself in 2011 when she participated in Profs in the Park, an event where academics gave speeches to the public in Victoria Park. After learning Eaton's speech was called foul during with Politician: The Case for Biocides, Disinvestment and Resistance Against Insect Organisms demanded she change her topic. She refused and delivered her lecture as a different venue.



What's in a seed? A crop grown in Canada that Alan Eaton genetically modified. go W & P/12

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FASHION

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SASKATCHEWAN FASHION

Desiree Rattray: Makeover provides mom with a new sense of style

By Ashley Martin

If anyone does naps a makeover and some pampering, it's Desiree Rattray.

The mother of three was the winner of a recent contest in Regina. The Mother of All Makeovers. More than 100 people were nominated.

She knew her name was in the mix, but the idea of winning was the furthest thing from her mind. At the time, she'd just wrapped up a long and arduous day with her son Will, who was receiving his fourth surgery.

Will was born Aug. 1 with severe myelomeningocele, so he couldn't eat and breathe at the same time. He later developed pyloric stenosis, which caused him to vomit a lot, and aspiration pneumonia. He was put on a feeding tube in October and a gastro tube in April.

"The baby is 'doing amazing now' and is in rehabilitation to learn how to eat."

He will be a perfectly healthy little boy eventually, it's just this has been a rough first go of it for him," said Rattray.

Hendricks to say style was not top of mind during this harrowing time for her family.

"It puts things in perspective for you, right? You don't care so much that the laundry isn't done or supper's not perfect, or that your makeup or your toenails haven't been painted in so months," said Rattray.

"It was a dentist and pedicures for a long time. You care but you don't. You're aware of the fact that your first priority is not your hair and makeup and not only that but the baby weight too. I was supposed to be in my pregnancy clothes for now."

But with her son on the mend, Rattray got a renewed boost through the

Season 2016 makeover which included being left up with a personal trainer and getting some style tips from local Saskatchewan Riley Lennox and Dean Renwick.

For work as a SaskTel call centre manager, Rattray's style was functional and modest.

But now she is ready to go outside her comfort zone, embracing pattern and colour. She wants to take more risks with fashion, as she did during a contest photo shoot, wearing a black jumpsuit with a shiny cone belt and coral wedge shoes.

"It was just so much fun and I really feel now that I will be able to wear something completely out of my comfort zone and just be able to rock it."

1. EARRINGS AND NECKLACE

Leanne Desjardins: "I've always loved jewelry so I try to dress things up as much as I can with big earrings and necklaces and that sort of thing."

2. MAKEUP: Shantel Thomas

from Saskatoon

3. BRACELET: Leanne Desjardins: "It's

a couple that I'll probably just leave on all the time. (Stacy) customized it with the initials of my three kids so it's very special."

4. BLAZER: Stella & Sway

5. BLOUSE: Stella & Sway

6. JEANS: Joe Fresh: "Dark with skinny jeans, something so simple but you feel so good in them."

7. SHOES: Sam Edelman from

Cade



Desiree Rattray, before and after.
QC PHOTOS BY JENNIFER CHAPMAN/LEADERPOST

NEXT WEEK: Have you ever gone on a family road trip?
Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

At what age can a child decide his or her bedtime?



"My boys are young (9 & 6 1/2) so they have no choice. They're ready for bed by 8 p.m. (baths end by 7:30). On weekends and special occasions they get to stay up a bit later, but ultimately it's up to us, the parents. While they are under our roof they live by our rules, although I understand with time comes change — so the older and more responsible they get the more perks they receive, like later curfews or sleepovers." — *Adrie Bledsoe*

"I don't when they are in their bed to late tears if I could be in charge of what time they woke up." — *Shelly Lambert*

"I don't once a child reaches 12 then we can negotiate a bedtime. But make up their own, absolutely not!" — *Alana Connors*

"Thankfully my boys are nowhere near the time of making their own bedtime. I don't once a child is able to independently get themselves up in the morning without someone nagging at them their bedtime can start being relaxed. My parents always had a certain number of wake-up hours they

expected that I had for sleep each night, which gave me the flexibility as a kid to alter my bedtime a few hours in each direction while allowing me to feel like I was in charge of it when in reality we really know they don't!" — *Michele Goodrich*

"I don't think it's a good idea until high school. Children need a routine and more a sleep is better for so many things. Not enough sleep can lead to obesity, poor grades, etc. Now, this last thing that if my daughter got to choose when she could go to bed, she'd be up later than me!" — *Chris Miller*

"When he or she starts pining for it, figures it would depend on the maturity of the child and his/her respect for other family members in the home." — *Carla Connors*

"I would say that by age 12 a child should be able to determine when they should be going to bed if it's not kept in their room then it would be the parents' job to take the right back." — *Nikki Meloy*

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ON THE COVER

I was crying. I'm glad you couldn't tell
but there were tears in my eyes.

— Jill Morgan

#PUBLIC LIFE

TV news anchor gig not all glamour and glitz

What is life in the spotlight like for four of Saskatchewan's most recognizable news anchors?

By Jean Sharp

Everyone has a bad day at home. If anyone makes mistakes at work that when you come your living in front of a camera, there is literally no place to hide.

Given the intense pressure of making deadlines, going on live and presenting the news as fearlessly as possible, you have to wonder what kind of people are drawn to a very public life in the studio.

LC sought out four female news anchors in Saskatoon and Regina to share their experiences about the demands of their jobs, the challenges in their personal lives and how gender bias has changed over the years.

Lisa Dutton, anchor of Global Saskatoon's Morning News, says the biggest misconception about her job is that it's glamorous. She does her own hair and makeup, so do all the women interviewed here. She writes her own stories and likes having that control. There are incredible opportunities she's getting to meet Oprah, but Dutton is bothered by people who praise her luck.

"We opportunities that I've gotten in this industry are because I'm lucky. The opportunities that I've gotten are because I work my butt off to get them."

Morning television is a tough market. The best anchors make it look easy. They're personable and friendly, they chat comfortably with their guests and toasts. But what happens when those demands collide with setbacks in their personal lives? Dutton, who is loved by her viewers for her outgoing nature and down-to-earth personality, hit rock bottom off



Jill Morgan, the anchor of Global Regina's Evening News, describes her job as "pitching" into people's lives "to give them information."

camera last fall. She and her husband, Colin, had been trying for some time to conceive a second baby (son Jesse is first). She became pregnant but at the three-month mark miscarried.

"I was defeated — physically, emo-

tionally and mentally. It really was just impossible to come to work and act like everything was OK at that point in my life."

Neither in media is cheerfulness more important than in a morning

show. She took some time off work, a decision her employer supported. When she came back, she realized the set is her "happy place." Watch her on Global and her passion is apparent.

Global Regina's Evening News anchor Jill Morgan understands the loss Dutton experienced. She had two miscarriages prior to having her now two-year-old daughter Brooklyn.

No opportunities that I've gotten in this industry are because I'm lucky. The opportunities that I've gotten are because I work my butt off to get them. — Lisa Dutton



Rosie Dean is co-anchor of Global Regina's Morning News. Dean is also the weather and traffic specialist. (COURTESY OF AMSTEN WHITE)

It was an emotional time and, as she talks about it now, the emotion is still raw. While she was dealing with the loss, she says coming to work gave her a sense of normalcy.

"I didn't want to sit at home and be sad for days on end. I channelled the hurt, the sadness, the anger and those negative feelings I had about what had happened into a more positive energy for my work performance."

Pressing news stories about children in peril is, of course, a huge challenge. Morgan remembers being asked how she didn't cry when reading the news about the Newton massacre last December. "I was crying. I'm glad you couldn't tell but there were tears in my eyes. I think everyone was. That was the height of horror."

Successful news anchors are able to empathize with the story and the people in it, while maintaining their professionalism. That personal aspect of the job can take an emotional toll. Morgan describes her job as "penetrating into people's lives."

"You get a window into so many people's lives when you work on news. You get a sense of some of the dark side of life, but also some of the great joys and the great accomplishments."

While the evening news is a more traditional environment, Morgan says it's not hard for her to be human while on the anchor desk. Emotionally unearthing in the stories she tells allows her to connect more with her viewers.

"I think we've gotten away from the stoic, nationalize news anchor. Even some of our great male news anchors that are still on the air have softened their approach a little bit."

THE PERSONALITY BALANCE

Morgan and Dutton agree that that involvement allows them to show their personalities and connect with viewers. But there are risks with opening up.

"The more personality you show, the more subject you are to being liked or disliked," Dutton says.

Continued on Page 12



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Even some of our great male news anchors that are still on the air have softened their approach a little bit.

—Morgan



Lou Dutton in Global Television's Morning News anchor. gc photo by specialist photo

Morning television's demographic (parents and Genians) easily identify with Dutton. As one of the MCs when Oprah was in Saskatoon in April, she got a huge ovation when she took to the stage. She confessed how nervous she was to introduce and even the talk show queen. It's this humble side of Dutton that makes her relatable for so many.

When Morgan was starting her career on channel 5, she was an agriculture reporter on Red Deer. She worried so much about saying the wrong thing that she said little else besides

her rehearsed script.

"I didn't want to bring too much personality to it at the fear of being judged in a harsh way but now I've loosened up more... I've reconsidered there are places that you can comment and it is OK and people like that."

Revealing your personality can open the door to success. Morgan says it's always in the back of her mind and that despite her best preparation, there's always a chance she'll say something wrong or that it will be misinterpreted.

People don't become broadcasters because they're beautiful people. They get into the industry because of the communication aspect. — Dutton



CTV Saskatoon News anchor and 'Today' co-host Regina Dutton smiles at a reporter's camera at a downtown Regina newsroom. (C) PHOTO BY MICHELLE SHER

"You absolutely fear that something will come out the wrong way... Nobody wants to make a mistake and I certainly go in the air every night with the pursuit of perfection."

"You are being judged," says Dutton. "Also lately you are: 'You just learn to deal with that. You have to learn not to take yourself so seriously.'"

After 30 years in the business (seven at Global), the 50-year-old is proud of her confidence, something she thinks comes with being a parent. Just like life, there will always be people who don't like you. The faster she accepted that reality, the better she became at her job.

"Small problems are with kids. I guess I just don't own the small stuff so much. Having it handy at home, you realize what reality not lies."

Busta: Dean, who co-anchors Global 30 news Morning News with Heather Anderson, says the three hours of her TV program

quickly especially when breaking news happens early. A former competitive figure skater, Dean wakes up three hours before the show's 8 a.m. start time. Mistakes are bound to happen, something that makes her a bit nervous.

"I always just hope that people can remember there's three other hours and if that two minutes that maybe wasn't my best... they'll be a little bit kind and forgiving of that. We're human too and we might just have had a rough day."

THE SO-CALLED GLAMOROUS LIFE

Margen is polite but her voice is confident, strong, and has a television-friendly low pitch. She's recognized everywhere she goes in Regina, but the self-described "just from Saskatchewan Saskatchewaner" doesn't think of herself as famous.

Continued on Page 14

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I am so old school. You will never see me with bare arms. That was what we were taught back then — never show bare arms, never wear too much jewelry ... — Trish Chevedidayoff

"I just happen to have a job on TV, so it's a little more high-profile."

Smiling comfortably as the sofa in the Global office's sunny front room, Dutten crosses her long legs and rests her hands near the holy hump (she's due in September) that over-slightly protrudes from her classic white shift dress. She has a *Jeopardy!* Amazon look, but there is more to this woman than a pretty face.

"People don't become broad casters because they're beautiful people. They get into the industry because of the communication aspect," she says.

Dutten says it's frustrating when people comment on her appearance. A viewer once told her not to wear her hair as a bun because it doesn't look good.

"Of all the stories and stuff we've covered and how much

we've been asked as the camera rolls, you want to comment on a line as my hair? I chose to be on TV not because I want to do my hair and glaze on the makeup, but because I want to be a part of someone's family," says the jovial Dutten, who has been on the show since it began in 2001.

Of course, television focuses those with good looks. As traditional news networks fight for ratings with specialty channels and Internet live streaming, the audience's physical appearance has become more important than ever. And *Jeopardy!* has changed. As Trish Chevedidayoff explains, it used to always be this: "I am so old school. You will never see me with bare arms. That was what we were taught back then — never show bare arms, never wear too much jewelry — you don't want the viewer distracted

by what you're wearing."

And her beauty, a new catchphrase "the nuclear look" and new routines included as a nod to distract viewers while reading from scripts (in the days before teleprompters).

"Now they look like models," she says with a laugh.

The anchor of CTV's *Jeopardy!* Noon, News remembers being the "lucky female" on the newscast during her first television gig in Whangamata, Oct. 81, in the early 1980s in a crowded room full of men smoking cigarettes, suitcases overflowing beside their typewriters.

"When I would come in at 4 o'clock, the men in the previous would stand up and notice me coming in. They would comment on what I was wearing or my perfume. It just makes me laugh because that wouldn't happen to day."



At Morgan prepares for the evening news at Global News. QC PHOTO BY TERRY HALL/CBC



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I always just hope that people can remember there's three other hours and if that two minutes that maybe wasn't my best — they'll be a little bit kind and forgiving of that. — Rustie Dean



Rustie Dean poses connecting with her viewers, Q&A with AKRONIA WTTU

"There were men along the way who questioned her abilities as a journalist. But she was given several trials to perform and was literally patted on the head. During her 34-year career she's had her share of mistakes too. In 1981, she was reading a story about a rape suspect of slandering the judge who said 'I am Jesus Christ. I am on my knees!'"

"I quoted him as saying, 'I am Jesus Christ. I am on my knees!'" The radio anchor on the other side of the glass as off has chosen her is long long to hand. "I didn't correct myself. I just kept going. As a news anchor I've learned, when you really make mistakes like that, sometimes it's best to just carry on and not even try to correct it."

THE SOCIAL MEDIA EFFECT

Facebook and Twitter have truly made TV interactive. Deaton not come without Facebook and Twitter sup-

porters seriously. Criticism alone her and the producers to adjust and make a better show. She says people are overwhelmingly positive. However, radio comments show up from time to time. Many in her profession agree there. For example, radio calls, she's found that tough. She re-visited a circle comment once to her 1,000 followers and the backlash was immediate. Her supporters gave the output a public online glowing.

"People need to realize that when they put something up online and there's a not going to me. That's going to the world. I don't think it's OK to attack people on social media."

Chevellyoff after questions the things people say. A host approached her at a festival several years ago. "He went on about how I was much plumper than I looked on TV. You would never comment to a man about that."

At this point in her career, she's able to brush it all off. Overall, people

are supportive, something that was solidified for her when she had her own cancer in 2007. She was off the air for about a year.

"People were missing. I was getting cards and letters from complete strangers. And still to this day people will stop me and ask me how I am. I've been pretty lucky."

"Overwhelmingly, we live in a city and in a province where people are really outgoing and really supportive. I love how our viewers appreciate a little bit of humor and maybe not being so perfect all the time," says Deaton.

All four women are involved in their communities and are here to stay. Deaton's working in the public eye through 30's ups and downs, not one can imagine doing anything else. As Deaton says, "Every day when I leave I think, 'I can't wait to come back to work.' And that's the biggest blessing."

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MUSIC

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THE DUSTIN RITTER BAND

Busy four-piece rolls with the punches

By Ashley Martin

His name is Dustin Ritter, but you might not know it to hear him sing it from a stage.

"People mistake the band a lot when he announces it. Like yeah, the Don and Ritter band," said Chris Paquette, lead guitarist for the Regina-based Dustin Ritter Band (DRB).

"It's not that I settled for Dustin Ritter when we could have had all these golden names," said Ritter. "I thought this would be the coolest band name of all time."

The guitarist and lead vocalist of his namesake band settled in the group's member after "years and years of terrible band names," the first of which was Mission to Siskiyou in high school.

Along that vein, the DRB's new self-produced album is called *Donk and Dreaming*. The song of the same name is a tribute to a friend of Ritter's who died in a car accident. It's about "how you cope poorly with things sometimes."

It's been a long time coming; recording started last spring and the lineup has since changed — Cypress Henry is the new drummer and Jon Peermole rounds things out on bass.

Besides the fact that they all have day jobs, they all play in other bands as well, which drew out the process. Henry plays in Buffalo Veterans and they all play in Ink Road, with the exception of Paquette, who plays in the Skunk City Pickers.

"The trouble with playing with really good musicians is they're going to give kind of red with the punches," said Ritter.

Drunk and Dreaming incorporates touches of country and old folk, but it's rock at rock.

With influences like Tom Petty, The Band, Bad Religion, Dinosaur Jr. and The Beatles, "It's a pretty straight rock and roll stuff," said Paquette.

Ritter, the primary songwriter, spends "a lot of time alone with an acoustic guitar" building the bones of the songs. His bandmates put their



From left: Dustin Ritter, Don Paquette, Cypress Henry and Jon Peermole. QC PHOTO BY ANDREW WILK.

stamp on those designs, incorporating songs with beats and solos.

"If you're playing with a good band, it's easier to leave things more open for them to add what we," said Ritter.

When you write a song on the guitar and you've played it a thousand times, just bare bones with acoustic and lyrics, it becomes pretty monotone and dull," added Paquette. "When if you enjoy the song, you don't

know where it should go from there. You just need a fresh set of ears — and when you have three different instruments to add onto it, it can really change the way it sounds."

"That is how to be people you can trust," said Ritter.

Both Ritter and Paquette got their start on piano — sort of.

When Paquette was five, his piano teacher refused to teach him any more.

"I just wouldn't practice. And then the same thing happened when I was 10. Grade 8 — saxophone," said Paquette.

When he was 10, Neil Young's music inspired him to take up the guitar.

"I think every young boy just wants to play guitar; your parents make you play piano first," said Ritter, who came from a musical family growing up in Souris.

His mom's family, the Webers, had

a Cartridge family style band.

"All the kids sang and my uncle played drums and my grandpa played guitar and my grandma sang," said Ritter.

"I always wanted to play guitar because I saw them playing guitar."

The Dustin Ritter Band is having a CD release party on June 7 at the German Club. You can also catch them most Thursdays at Bonfire, where they host a weekly jam night.

GARDENING

Mowing and fertilizer tips for a healthier lawn



Shining your lawn a bright light is a necessary part of summer maintenance. PHOTO BY WITTEN MEDIA/SHUTTER

By Sara Williams

We mow our lawns because it is more comfortable to sit and play on than if left to grow to its tallest potential. Visually, we're looking for a short green sword rather than a hayfield or a meadow.

Mowing the lawn makes it thicker because mowing removes hairiness in the expanding leaf that would otherwise inhibit side shoots from forming. On the other hand, short grass blades have a smaller area capable of photosynthesis, the most important process for plant growth.

If food manufacture is limited the most system will be reduced. As mowing height is low, the root mass becomes smaller. A small root system limits the plant's ability to take up water and soil nutrients, making it more vulnerable to stress.

Tall grass shades and cools the soil surface, reducing moisture loss caused by evaporation. Grass blades angled with increased density reduce root-soil germination, conserving soil, more water. Grass grown in the shade will especially benefit from a higher cut.

To capture the benefits of a mowed lawn while preserving the strengths of tall grass, mow at 11 cm leaving it seven cm tall. Keep the mower blades sharp. Dull blades produce a ragged cut, increasing the cut surface area of the leaf and associated moisture loss. Change the mowing pattern regularly to reduce wear patterns.

Deep fertility leads to a thin lawn and many weeds. Fertilizer overuse however may lead to excessive growth fertilizer "burn" and the leaching of nutrients. This can contribute to groundwater.

Heavy nitrogen applications stimulate shoot growth at the expense of the root system, leaving the root system less able to supply water and dissolved nutrients to support top growth. Grass is then more vulnerable to heat and drought stress and accompanying wilt. Lawns grown with deep but less frequent irrigation and lower nitrogen levels are less prone to wilting.

Block mowing: removes nutrients. Returning clippings to the lawn, or with a mulching mower, recycles nutrients and reduces nitrogen inputs.

Regardless of whether you use a synthetic or organic fertilizer, a general recommendation is to apply three to four pounds of nutrients/1,000 sq ft per year for a high maintenance lawn and only half that for a low maintenance. Apply a third of the annual recommendation at each of three applications: spring, midsummer and late autumn/early fall. Water well to dissolve the fertilizer as it reaches the root system and dilute it sufficiently to avoid "burning" the lawn.

To calculate the amount of fertilizer required for your lawn per year:

— measure the total area in square feet, divide by 1,000

— multiply by three or four (or use a two for low maintenance lawns)

— divide by the per cent nitrogen of the fertilizer you're using (the first number on the fertilizer label divided by 100, e.g. 6-21, or 21-0-0)

Remember to divide by three to arrive at the amount to apply at any one time.

Sara Williams is the author of *The Resident and Updated Creating the Prairie Landscape*, Columbia Books Publishers, 2013.

This column is provided courtesy of the Saskatchewan Horticultural Society (saskhort.org), an online horticultural association.

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INVENTORY

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BIG SKY CYCLES

Big Sky Cycles, located at 8627 7th Ave., is the newest player on the Regina cycling scene.

The busy shop sells bicycles of all varieties from road bikes to mountain bikes to easy cruisers and everything in between. They carry accessories and clothing for the avid cyclist, and run an in-house repair shop.

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LOCAL AUTHORS: Writers tell us what makes their books worth reading

DOUGLAS DE LONG

Probing past lives puts today in perspective

Have you ever wondered if you've lived before? As a past life therapist with over 20 years experience, I've worked with many people who've explored that very question and it changed their lives.

Explore your previous lifetimes, embrace your wondrous past and recognize that you, as a human soul, are eternal. *Past Lives for Beginners: A Guide to Reincarnation and Techniques to Improve Your Present Life* (Llewellyn Worldwide, June 2012) is a detailed and approachable introduction to understanding reincarnation and how it impacts your present life.

Using fascinating case studies, I describe different types of past life recall experiences and share focused techniques of study,

technique and visualization used to gain access to those memories. With guidance on how to connect with spirit guides and religious figures, this book also discusses future lives and how to work toward smooth life transitions. It also includes resources for finding past life therapists to help you understand your history and receive past life regression.

I am a past life therapist, channel, intuitive, medium and spiritual teacher/author. I've also written *Ancient Techniques for Beginners and Ancient Healing Techniques*, both published by Llewellyn Worldwide. With my wife Carol, we operate the De Long Ancient Mystery School in Burlington. www.douglasdelong.com



Douglas De Long



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TUESDAY JULY 30TH

The 2013 Queen City Ex official kick off party
Explode into the Ex!!

With the Strawberry Social featuring Rory Allen - F.W. Hill Mall - 11:45am
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ON THE SCENE

The 46th annual Mosaic — A Festival of Cultures event featured 21 pavilions representing different cultures.

MOSAIC — A FESTIVAL OF CULTURES — CARIBBEAN PAVILION



1 Lauren Mitchell
and Catherine Collier

2 Christine Gaskin
and Vernon George

3 Jalen and Piter
Santana

4 Cayle Zhou
and Tenzin Chong

5 Asha Ahmed
and Premachandran

6 Lauren Mitchell
and Catherine Collier

7 Josh Pellegrino, Julia
and Wade Furtie

8 Sydney Abraham
and Eric Albrecht

9 Curtis Rasmussen
and Melinda Phillips

10 Kaitlyn Guter, Jack Crochier
Ashish Murphy and Arab Shorrock

More than 100,000 people attended the weekend festivities at Mosaic — A Festival of Cultures from May 31 to June 2 in Regina.

This year's event featured 20 pavilions, which were set up to spread the word — and share thousands of servings of traditional dishes — of the Queen City's growing multicultural makeup: Austrian, Ethiopian, Indian, Hungarian, Iranian, Lebanese, Chinese, Ethiopian, Filipino, Philippine, First Nations, French-Canadian, German, Hebrew, Greek, Indian, Irish, Italian, Korean, Kyrgyz, Ukrainian, Latin American, Mexican, Moroccan, Polish, Polish Ukrainian and Scottish were among the cultures and cuisines represented.

QC PHOTOS BY MICHAEL BELL

The first Mosaic was held in 1967 and has become the longest-running cultural event in Saskatchewan.

MOSAIC — A FESTIVAL OF CULTURES — CARIBBEAN PAVILION



SHARP EATS

PROVINCIAL FOOD TRENDS

Prairie oysters part of Saskatchewan identity

By Jenn Sharp

Prairie oysters are an important part of Saskatchewan. They're not found on restaurant menus and if you're from the city, you've probably never tasted them.

Well, you don't know what you're missing. Get out there and secure yourself an invitation to a cattle roundup. That's what I did recently, but not with the sole purpose of trying bull's testicles.

During the May long weekend, I was invited to the annual roundup at Beach & Ranch, near Fox Valley in southwestern Saskatchewan. Situated on rolling wood hills full of sage scrub, the 10,000-acre ranch is home to about 300 head of cattle. Every year, family, friends and neighbours (about 10 this year) descend on the ranch to help with the roundup. At the end of the day, everyone enjoys a feast of the ranch's best meats, salads, homemade buns and enough desserts for an army. It's all washed down with enough beer for that army too. The best of prairie oysters is usually the first to be enjoyed.

To start the day, horses are used and the cowboys/girls take out to bring in the cows and their cow calves. The calves are separated and kept in a large pen. As horses and riders begin start the process by roping a calf. Two people work the calf in the ground. One wears his head, the other his hind legs while the calf is restrained, branded and ear-tagged. The males are also castrated (in procedure I was surprised to learn is relatively simple). His skin later, the calf is released with the rest of the herd.

During the castration, the testicles are dropped in a bucket of salt water and taken into the kitchen, where the water skin is peeled. Some pound the testicles flat before dipping them first in egg, then in flour, pepper and salt before frying. The end result is a somewhat grayish little morsel that looks more like a dumpling than a ball.



The cowboy had the most fun of anyone on the day of the roundup. Many were using the roping and punching their calf-roping techniques.



Seeing horses and riders past the Alan (Beach & Ranch) here worked all day roping calves on the pen. GC PHOTOS BY JENN SHARP

When I have any thing with which to compare the taste. These were not possible to fully chicken. The taste of the bread was what came through the strongest. They're very high in

cholesterol and that fact alone kept me from eating more than two.

It was also thinking about what I was eating that almost me away from the prairie oyster bowl on the



A popular dish in Saskatchewan, prairie oysters are calves' testicles that have been cooked in egg, flour, salt and pepper, then fried.

bullet line. The word can play powerful tricks and mine won't all that excited about eating bulls. While I don't think I'll eat them again, at least I can say I tried.

While there's nothing uniquely Saskatchewan about prairie oysters, the name is most definitely our own. Given is here. They're consumed in countries all over the world and called any number of things

in French, "bœuf de bœuf" (ox balls) is the term. In other parts of North America and Mexico, it's "crudo" (raw) or "barrido" (raw). In Alberta's cattle country, they're called Rocky Mountain oysters. I've heard them called "cowboy oyster" and "bull fries" too.

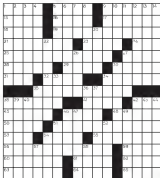
All I can say is that any good, self-respecting prairie girl (or boy) owes it to herself to try them at least once.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Tropic of Cancer located
 5 Viewpoint of a trail
 6 One word, evidence in the Cascade Range
 10 "I am..."
 11 Love her
 17 Feeling
 18 Loosely "dead"
 19 "2012" lead Picture comes
 21 Mental lightweights
 23 Tony Soprano line
 24 A.I. "I feel city on my shoulders"
 25 "I hope this works!"
 27 It's weak, for one
 28 Tackles the clock
 29 It's a clock
 30 Money goes
 31 Language suffix
 32 It's a clock, a "pass" "meant" in one
 34 Old-fashioned trademarks
 35 "Impassioned" or what the answers to her than stand clear here?
 36 One-sided online in real time
 41 Contactless owner found
 42 Little like a clown



Puzzle by Christopher

- 63 Clutter with cycles
 65 Cried
 66 Several
 67 Without features

DOWN

- 1 Possible target for a nation
 2 Possible
 3 Like necessary life
 4 Look around
 5 Handful
 6 In the real world
 7 With 34 Down, not America
 8 One word
 9 Wandering soul
 10 Hole puncher

- 12 Island off the Caribbean coast
 13 Ticket agent
 14 Lines on a package
 15 The Dark Knight
 16 Modern response to history
 17 March (up)
 18 Where were nearly all ships in 1914
 19 "I really..."
 20 "This..."
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JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 29

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What you need to know to plan your week. Send events to QC@leaderpost.com

Michael Houskic Acts of Chaos

Interactive installation wherein visitors reconfigure chairs to create sculptures. Until June 15, Art Gallery of Regina, 2425 Saskatchewan St.

Layered Thoughts

Collage Art Show. Until June 24, The Contemporary Art Gallery, 1621 15th Ave.

The Power of Music: Sustainability and the Javos

Until July 31, Royal Saskatchewan Museum, 2445 Albert St.

The Artists of Scott Nicholson Fine Arts

Until Aug. 16, Regina Centre Crossing, 1621 Albert St.

How We Filled the Vault: 80 Years of Collecting at the MacKenzie Art Gallery

Until Sept. 8, MacKenzie Art Gallery, 3475 Albert St.

Sam Steele: The Journey of a Canadian Hero

Until Sept. 2, RCMP Heritage Museum, 5501 Dewdney Ave.

Greatest Hits: The Best Tour of Canada in Art

Until Nov. 24, MacKenzie Art Gallery, 3475 Albert St.

Assimilate Gallery

2280 Smith St. Open Tuesday to Friday, 10 a.m. - 5:30 p.m., Saturday 10 a.m. - 5 p.m.

Mynter's Gallery

2705 12th Ave. Open Tuesday to Saturday, 11 a.m. - 5:30 p.m.

Neutral Ground

#023-1656 South St. Open Tuesday to Saturday, 11 a.m. - 5 p.m.

Nouveau Gallery

2445 Albert St. Open Tuesday to Saturday, 10 a.m. - 5 p.m.

THEATRE

The Wizard of Oz

June 8-9, Luther College High School, 1000 Royal St.

The Grammy Chaparrone

Until June 9, Globe Theatre, 1677 Angus St.

A Guide To Mourning

Regina Little Theatre, June 12-15, Regina Performing Arts Centre, 1077 Angus St.

COMEY

GENERAL POOLS FESTIVAL: The African

2627 12th Ave. Heritage and General Pools, Thursday, June 6, 10:00 p.m.

Combat Improv and Instant Theatre

Friday, June 7, 7:30 p.m.

This Canadian Life

Friday, June 7, 10 p.m.

Pushtins and His Band

Saturday, June 8, 7:30 p.m.

Red Hot Spot featuring Festival assembla

Saturday, June 8, 10 p.m.

Gemini Grind

Every Saturday night, Gellhorn's, 2336 Dewdney Ave.



Owen Wilson and Vince Vaughn star in *The Dilemma*.

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REGINA PRIDE WEEK

Monday, June 17th - Sunday, June 23rd

For a full list of Pride details, check out the Regina Pride Guide in the Leader Post on Monday, June 17th! Or check out Queen City Pride on the web @ www.queencitypride.ca & on Facebook @ www.facebook.com/ReginaQueenCityPride

QUEEN CITY PRIDE

EVENTS

SPECIAL EVENTS

Phil Gougeon's book signing
Thursday, June 6, 7-9 p.m.
Charters, 2625 Gordon Rd.

Reggie Red Sox vs. Medicine Hat Mavericks
Thursday, June 6, 7:05 p.m.
Curtis Field, King Road and Winnipeg Street

Theatre in the Park with Lolote
Theatre 90 Festival
For teens aged 13 to 18
Friday, June 7, 3-3:30 p.m.
Victoria Park downtown

Reggie Red Sox vs. Medicine Hat Mavericks
Friday, June 7, 7:05 p.m.
Curtis Field, King Road and Winnipeg Street

Craft Sale and Trade Show
Saturday, June 8, 9 a.m.-6 p.m.
Mt. Colwell School, 155 Fairview Rd.

Reggie Farmers' Market
Every Wednesday and Saturday,
9 a.m.-1 p.m.
City Square Plaza, downtown

Athletes Against Bullying Girl Cook-off
Saturday, June 8, noon-3 p.m.
Cathedral Neighbourhood Centre,
2903 12th Ave.

The Power of an Unstoppable Woman
Seminar by Dr. Rose Buckman
Saturday, June 8, noon-4 p.m.
Ramada Hotel, 1818 Victoria Ave.

Selfies win: Creating Change through our Loving Actions
Keynote speech by Dr. Alexandria Wilson
Saturday, June 8, 3-5 p.m.
Albert Scott Community Centre,
104 Adelaide St.

Phil Gougeon writing workshops
The Art of Pivotaage
Friday, June 7, 7-9 p.m.
Uniontown Centre, College Avenue
and Angus Street

Stoking the Creative Fire – A



Colton Hejlskov first out at Curtis Field in Regina on June 5. June 9, 104 media

Workshop on Creativity
Saturday, June 8, 10 a.m.-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Mayor's Run/Walk for Fitness
Sunday, June 9, 9 a.m.

City Hall, 2476 Victoria Ave.

Sunday Walk for Graham and Collette
Sunday, June 9, 10 a.m.-6 p.m.
A.E. Wilson Park, McCarthy Boulevard near 19th Avenue

Reggie Red Sox vs. Saskatoon Valhalla

Wascana Centre Conference Hall
Sunday, June 9, 1 p.m.
Mosaic Stadium

Walk to Fight Arthritis

Sunday, June 9, 2 p.m.
City of Regina City Hall, 1117 9th Avenue S.

Reggie Red Sox vs. Yorkton Canadians
Sunday, June 9, 3:05 p.m.
Curtis Field, King Road and Winnipeg Street

Yoga for Kids with Jade Pissard
Tuesday, June 11, 9:30-10:30 a.m.
Victoria Park, downtown

Reggie Red Sox vs. Melville Mill Bombers
Wednesday, June 12, 7:05 p.m.
Curtis Field, King Road and Winnipeg Street

NEW MOVIES

The Internship
Comedy
City [Vince Vaughn] and Nick [Drew Wilson] are salesmen whose careers have been torpedoed by the digital world. Trying to prove they are not obsolete, they talk their way into an internship at Google. Now they must compete with a group of the nation's most tech-savvy geniuses.

The Pope
Thriller
In a dystopian future, a political regime tries to clamp down on violence and crime by imposing strict laws. As an experiment, they try something called The Pope, in which for 12 hours, three times a year, murder is completely legal.

Galaxy Quest
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306-522-9056

Chaplain Odon
5 Southend Mall Charming
3425 Gordon St., 306-565-3363

Reggie Public Library Theatre
231 13th Ave., 306-777-8304

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OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have someone take with the finished product and email it to sc@leaderpost.com by 9 a.m. Monday.

One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Christian Jay Carreno**. Congrats, Jason! Thanks to all for your colourful submissions. Try again this week!

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RECIPES

Summer salad starts on the grill

Caribbean flavours jazz up this simple supper salad

We love the shrimp with nutty rum-spiked marmalade, then toss them on a hot grill with tomatoes and corn before combining everything with a few more veggies.

We serve the whole thing with grilled bread seasoned with garlic and orange for a bit of crunch and to add an interesting up all the delicious bits.

Caribbean Grilled Shrimp Salad

Start to finish: 30 minutes

Servings: 4

- > 2 tbsp orange marmalade
- > 1 tbsp kosher salt
- > 2 tsp of 1 tsp
- > 1 tbsp dark rum
- > 1 tsp ground coriander
- > 1/2 cup red pepper flakes
- > 1 lb raw large shrimp, peeled
- > 2 ears corn, husked
- > 1/2 cup coarsely shredded (optional)

Seasonings

- > 6 tbsp olive oil
- > 2 tbsp black pepper
- > 2 tbsp garlic, minced
- > 2 tsp of 1 orange
- > 4 slices of baguette
- > 1 medium potato, peeled and diced
- > 2 avocados, peeled, pitted and diced
- > 2 ears of corn
- > 2 tbsp olive oil, season and shrimp, roughly chopped
- > 4 oz soft goat cheese

1. Heat a grill to medium-high.
2. In a small bowl, stir together the marmalade, brown sugar, 1 tsp (1/2 cup) of oil, the lime zest, rum, coriander and red pepper flakes. Add the shrimp, stirring to thoroughly coat.
3. Arrange the corn and tomatoes on a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt and black pepper.
4. In a small bowl, stir together the garlic, orange zest and 2 tbsp

(20 ml) of olive oil. Brush over both sides of each slice of baguette.

5. Arrange the shrimp, ears of corn and tomatoes on the grill and cook until the shrimp are cooked through and pink, and the corn and tomatoes are beginning to char. Add the baguette slices and grill until lightly charred. Transfer to a platter and allow to cool slightly.

6. Meanwhile, in a large bowl, toss together the potato, avocado and lime juice.

7. Slice the corn kernels off the cobs. To do this, use a knife along each ear on its wide end and use a knife to saw down the length of the cob. Add the kernels to the potato avocado mixture.

8. Add the tomatoes, shrimp and baguette. Stir gently. Crumble the goat cheese over the top and serve with the toasted bread.

The Associated Press



The shrimp for this salad are grilled with a spicy rum-spiced marmalade. Then tossed with a hot grill with tomatoes and corn, and served with grilled bread seasoned with garlic. All rights reserved.

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WINE WORLD

KOPKE WHITE PORT

Dated recommendation still stands

By James Romanow

A few decades ago, a date's father introduced me to white port. He was a Portuguese immigrant of course, and a remarkably great man — most of my girlfriends' fathers treated me like a second killer and suspected me of harbouring dark desires on their daughters' chastity. Ever since his leaving me to the staff, I've kept a bottle on hand.

It makes a great quick cocktail, with soda and a slice, a fabulous ponding drink (particularly for pork) and is the perfect ingredient in marinades. Although it is scoffed at as insouciantly inspiring when compared to toasty or vintage port, it is also a remarkably fine drink in its own right. All of this makes it a very reasonably priced suggestion to keep in your fridge.

Recently Kopke tried a 30-year-old version here. If ever there was a challenge to snafu-

ring snafu, this is it. This wine is absolutely stunning. Incredibly sweet, it has more acidity than being part and less of the cooked fruit flavours. The bouquet is slightly sooty and, needless to say, it goes wonderfully with putches or chocolate. It also does surprisingly well when drunk with black clogs.

Although it works as a tape accompaniment, I tend to enjoy it more as a pure desert wine all by itself. It has just enough brine to keep me engaged and is smooth enough and rich enough to pander my inner child.

If you've never had a white port, pick up a bottle, see if it's right for you. If you think you're ready for the white version, have some only on the 30-year-old. There are few wines in the world as satisfying as this Kopke version.

Kopke 30 Year Old White Port 375 ml
Head Boursaire's Dr. Boursaire of some Mondays in the LeaderPost. Follow him on Twitter @jromanow.



Crossword/ Sudoku answers

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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ASK ELLIE

Is it time to sever ties with meddling sister-in-law?

Q My sister-in-law always calls my husband to complain about me, also complains over dinner, lets to do things that we don't agree with, and constantly tries to control me to my family.

I've tried to talk to her about this, however she continues to do it.

She'll go out partying during the week, sleep downstairs and come home the next day leaving her husband and sons at home.

She'll challenge me in front of my daughter: "What can you do if she gets a tattoo?" She knows we're not going to lose.

I sent her a text about this, but she denied any wrongdoing, said there are just my opinions and she doesn't want to deal with me any longer.

I said that's fine, that my husband and I and our kids keep asking from each other and if I hear any more negative comments I'll let her know. What would you do?

Pod Up, Ellie

A I'd feel delighted that the cousin is over. I'd explain to my children

Ask Ellie



that their aunt is jealous or bitter for her own reasons, not because of anything we did.

I'd say though that's a shame for her, but she's an adult, and understanding war family is NOT acceptable.

I'd ask my husband to talk to his sister once more time, in a caring way and ask if she's troubled about anything she'd like to talk about. If not, or she needs the same old stuff, he's to say he's sorry but he can't allow the backbiting to continue as that's their contact.

Lastly — I'd tell myself — that's YOU in this case — to stop looking at this stuff too.

Q Several years ago, a group of girls turned their backs on me because their ringleader was unjustly angry with me.

Since this happened, I've had a great deal of anxiety and avoid social situations where they might be.

Unfortunately I know it wasn't my fault, yet I'm always anxious. I think I'm wearing an invisible, past can't understand why I'm still like this now.

Anxious

A You were shaken up by their unfair confusion. But it adds more about them — weak behaviors, without personal integrity — than about you. Now YOU can make the stronger statement of who you are, by showing yours over it.

Walk into a room with confidence, take a pull/rebuke, sling if needed, and sit at the girls' rather than avert your eyes and walk on. If you end up near any of them, look them in the eye, and keep moving. The message you need to convey is that

you have moved on, and they're not worth your worry.

If you can't do this yet, don't go. Get out of town for the practical reason — why bother?

COMMENTARY I recently got divorced after two years' separation. He was already involved with somebody, I knew not yet dated.

Although I'm coming out of my depressed state and moving on, I'm still not ready.

I'm re-discovering who I am, what I want out of life and what type of men I'll want to date.

I don't know what the future holds, but I'll live day to day with no expectations.

I like eating and going to places, wearing what I want, and not having to dress up to please "the men." I'm planning ME!

I think people should not jump from one relationship to the next. After six years just replacing one bad relationship with another whole lot of problems.

Q My partner of 15 years attends Gestalt Therapy classes. At years end, the students go to a late-night therapy camp.

She told me she'd taken off her dress while dancing as part of her school performance there. She wore only bra and garters. She knew I'd be hurt and disgusted. I feel it's wrong and not wanted to expose yourself like that. It's sexual in nature, which I believed was between only us. Have I overreacted by asking her to leave?

Gestalt Turned

A Yes. At a lake, she likely wore a bathing suit to swim. Underwear covers the same body parts. While somewhat sexual, in nature, stripping off underwear isn't uncommon as performance expression.

Gestalt therapy is a form of psychotherapy that focuses on the person's experience in the present moment. She may have been expressing freedom from others' controls — yours, for example. She told you about it.

You overreacted instead of discussing her message.

Next week in

QC

Reggae musician Oral Fuentes has seen Saskatchewan's musical tastes evolve

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